

5 A Day Recipes

12 Soups to Get You Through the Winter

Hoppin' Johns Good Luck Soup

Serves 6

- 1 teaspoon olive oil
- 1 medium yellow onion, diced
- ½ teaspoon black peppers
- 1 8 ounce package 97% fat free, thick sliced ham, sliced into thin strips
- 6 cups water
- ¼ teaspoon liquid smoke
- 12 ounces quick cooking, refrigerated black-eyed peas (find them in the produce section)
- 2 pounds collard greens

Heat oil in a large pot. Add onion, black pepper, and ham, and sauté for 8-10 minutes on medium heat, until onion is golden brown.

Meanwhile, rinse collard greens and remove stems; bunch them and cut them into thin strips. Add water and liquid smoke to onion and ham, turn heat to medium-high, and bring to a boil (a light broth should develop). Add black-eyed peas, turn heat to medium, and continue cooking at a gentle boil for 6 minutes. Add collard green strips, cover, and continue boiling for 7 more minutes. Serve with cornbread.

Nutritional Analysis Per Serving:

174 calories
24 grams carbohydrate
15 grams protein
3.2 grams fat
0.6 grams saturated fat
18 milligrams cholesterol
499 milligrams sodium
8 grams fiber
15% calories from fat
3% calories from saturated fat

This is an official 5 a Day recipe, and provides 6 people with about 1½ servings of vegetables each.